Numbers That Count For A Healthy Heart

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NUMBERS	GOAL
TOTAL CHOLESTEROL	Less than 200 mg/dL
LDL "BAD" CHOLESTEROL (There are different goals for each level of risk for heart disease.)	People who are at low risk for heart disease: Less than 160 mg/dL People at intermediate risk for heart disease: Less than 130 mg/dL People at high risk for heart disease including those who have heart disease or diabetes: Less than 100 mg/dL People at very high risk for heart disease: Less than 70 mg/dL
HDL "GOOD" CHOLESTEROL	Women: 50 mg/dL or higher Men: 40 mg/dL or higher
TRIGLYCERIDES	Less than 150 mg/dL
BLOOD PRESSURE	Less than 120/80 mmHg
FASTING GLUCOSE	Less than 100 mg/dL
BODY MASS INDEX (BMI)	Less than 25 kg/m²
WAIST CIRCUMFERENCE	Women: 35 inches or less Men: 40 inches or less
PHYSICAL ACTIVITY	At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 OR At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75; or a combination of the two AND Moderate to high intensity muscle-strengthening activity at least 2 or more days per week for additional health benefits.

DIET AND NUTRITION

The amount of food you need depends on your personal calorie needs and health status. If you need 2,000 calories each day you should:

- → **Eat 6 to 8 daily servings of grain products, with at least half as whole grains.**
  1 serving = 1 slice bread, 1oz. dry cereal, or ½ cup cooked rice.
- → **Eat 4 to 5 servings of fruits and vegetables each day, in a variety of colors and types.**
- → **Eat 2 to 3 servings of fat-free or low-fat dairy products each day.**
- → **Eat 3 to 6 oz. (cooked) of lean meats, poultry or seafood per day.**
  3 oz. of meat or poultry is about the size of a computer mouse; 3 oz. of fish is about the size of a checkbook.
- → **Limit intake to 2 to 3 servings per day of fats and oils. Use liquid vegetable oils and soft margarines most often to reduce saturated and trans fats.**
  1 serving = 1 teaspoon of soft margarine or 1 tablespoon of mayonnaise.
- → **Eat 3 to 5 servings per week of nuts, seeds and legumes.**
  1 serving = 1/3 cup nuts, 2 tablespoons peanut butter or ½ cup dry beans or peas.
- → **Limit cholesterol intake to 300 mg per day for people with no heart disease risk factors or to 200 mg per day for those with heart disease risk factors.**
- → **Aim to eat less than 1,500 mg of sodium per day.**
- → **Limit added sugars to no more than half of your discretionary calories. For most women that is about 100 calories and for most men about 150 calories, or about 6 teaspoons per day for women and 9 teaspoons per day for men.**

TOBACCO

Eliminate all tobacco products and exposure to secondhand smoke.

ALCOHOL

Women: no more than 1 drink per day.
Men: no more than 2 drinks per day.
1 drink = 4 oz. wine, 1 oz. liquor or 12 oz. beer.

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www.heart.org/numbersthatcount

Recommended Screenings / Risk Factors

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Recommended Screening	How Often?	Starting When?
CHOLESTEROL *("fasting lipoprotein profile" to measure total, HDL and LDL cholesterol, and triglycerides)*	Every 5 years for normal-risk people; more often if any of the following apply to you: → you have a total cholesterol above 200 mg/dL → you are a man over age 45 or a woman over age 50 → your HDL (good) cholesterol is less than 40 mg/dL (if you're a man) or less than 50 mg/dL (if you're a woman) → you have other risk factors for coronary heart disease and stroke	Age 20
BLOOD PRESSURE	Each regular healthcare visit or at least once every 2 years if blood pressure is less than 120/80 mm Hg	Age 20
BLOOD GLUCOSE TEST	Every 3 years	Age 45
WEIGHT / BODY MASS INDEX (BMI)	Each regular healthcare visit	Age 20
WAIST CIRCUMFERENCE	As needed to help evaluate cardiovascular risk	Age 20
DISCUSS SMOKING, PHYSICAL ACTIVITY AND DIET	Each regular healthcare visit	Age 20

CORONARY HEART DISEASE RISK FACTORS

Major Risk Factors That Cannot Be Changed

→ **Increasing Age**: The vast majority of people who die of coronary heart disease are 65 or older.

→ **Male Sex (Gender)**: Men have a greater risk of heart attack than women do, and they have attacks earlier in life.

→ **Heredity (Including Race)**: Children of parents with heart disease are more likely to develop it themselves.

Major Risk Factors That Can Be Changed

→ **Tobacco Smoke**: Smokers' risk of developing coronary heart disease is 2-4 times that of nonsmokers.

→ **High Blood Cholesterol**: As blood cholesterol rises, so does risk of coronary heart disease.

→ **High Blood Pressure**: High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer.

→ **Physical Inactivity**: An inactive lifestyle is a risk factor for coronary heart disease.

→ **Obesity and Overweight**: People who have excess body fat — especially if a lot of it is at the waist — are more likely to develop heart disease and stroke.

→ **Diabetes**: Diabetes seriously increases your risk of developing coronary heart disease.

Other Factors That Increase Cardiovascular Risk

→ **Stress**: Individual response to stress may be a contributing factor.

→ **Alcohol**: If you drink, limit your alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women.

→ **Diet and Nutrition**: A healthy diet is one of the best weapons you have to fight cardiovascular disease.

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www.heart.org/screenings